



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01061, Cheese, American, nonfat or fat free

Report Date: July 05, 2017 03:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	65.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kcal	126	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kJ	529	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Protein	g	21.05	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Ash	g	2.95	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carbohydrate, by difference	g	10.53	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	5.26	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Minerals													
Calcium, Ca	mg	789	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Iron, Fe	mg	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Magnesium, Mg	mg	115	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Phosphorus, P	mg	316	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Potassium, K	mg	393	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Sodium, Na	mg	1316	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Zinc, Zn	mg	4.11	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Copper, Cu	mg	0.559	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Selenium, Se	µg	14.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Thiamin	mg	0.412	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.545	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Niacin	mg	5.560	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-6	mg	0.567	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	43275	05/2013
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	43275	05/2013
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	43275	05/2013
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Choline, total	mg	38.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-12	µg	1.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	07/2013
Vitamin A, RAE	µg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Retinol	µg	55	--	--	--	--	--	--	--	--	Calculated or imputed	43275	05/2013
Carotene, beta	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin A, IU	IU	189	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	--	--	--	--	--	--	Calculated or imputed	43275	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	43275	05/2013
Vitamin D (D2 + D3)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	43275	05/2013
Vitamin D	IU	5	--	--	--	--	--	--	--	--	Calculated or imputed	43275	05/2013
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Cholesterol	mg	26	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013